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851 mass. This is the *sacamisa*. This is one of the most important occasions in the life of the child. After the mass, there is a celebration at the home of the child, attended by its relatives; *mole poblano*, reserved for the most important *fiestas*, is served.

[574]

753 There are special dangers and sicknesses to which a newborn child or the mother is particularly liable. The dangers from *el espanto* ["the fright sickness," later described] are greater then.

[754] Small children are especially subject to *el daño* ["the evil eye"] and to *los aires* [diseases caused by the evil spirits of the air]. *Ixtlaxolcocoliztli* ["clouds-in-the-eyes-sickness"] is a disease [probably *ophthalmia neontorum*] common to infants. The symptoms are blood and pus coming from the eyes. It is thought to be caused by the presence near the infant of a man or a woman who has recently had sexual intercourse. It may be cured by

755 administering a remedy composed of the umbilical cord of a

[846] boy, that of a girl, some raisins, the leaves of *tzitziquilitl*,[1] and

824 the flowers of *sauca*.[2] It is also treated with *Sal de Colima*. This salt is ground and then placed in the form of a cross on the child's tongue with the pestle [*tejolote*] which has first been scrubbed with *estrepaco*. If a nursing child vomits, the mother's breasts

● 853 are washed with an infusion of *tlamatlantli*.[3] Then the child is

[824] allowed to nurse. The mother may take this infusion internally.

856 If a child experiences difficulties during teething, a fly may be caught and boiled with cumin seed. A little of this administered to a baby will make its teeth come out.

853 If the mother dies, a wet nurse [*nodriza* or *chichina*] is sought. "She earns twenty *pesos* a month and her food." If the family

[465] cannot afford a wet nurse, they give sweetened milk flavored

[262] with chocolate, cinnamon, or coffee. "But then the child usually dies."

Children are nursed by the mother for two years or more, although milk is early supplemented by adult food. Food given

[262] in early life is bread, *tortillas*, milk, beef, bean soup, and macaroni soup. All bananas, except the large, long variety, are considered harmful as causing constipation. Rice is bad for the same

[1] *Bidens leucantha* (L.) Willd.

[2] *Sambucus mexicana* Presl.

[3] *Solanum madrense* Fernald.

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reason. Orange juice is bad because it keeps the teeth from coming out. Honey is hard on the stomachs of adults as well as children.

Children may be bathed once a week, but generally at about noon. They are wrapped in blankets like newborn infants and are then rubbed with alcohol "to make them warm."[2]

Children spend their time largely in or near the home, with the other members of the family. There is little organized play among groups of children. Games are few and simple: kites, hobbyhorses, balls. Boys early share in the simple tasks around the house, and girls, when yet very small, are instructed how to make *tortillas* and how to grind maize. Children enter as soon as possible into adult interests and occupations.[3] Confirmation takes place at about eight years.

It is generally recognized that people marry younger in the village of San Andres than in Tepoztlán and in the other hamlets. In San Andres girls marry as young as twelve, and boys when they are fourteen or fifteen. In Tepoztlán they marry at seventeen and nineteen, or later—"a few even as late as thirty." If the husband is already economically independent, he may bring his wife to a house and house site of his own. Very commonly, however, he has not yet secured his patrimony, and the newly married couple live with the bridegroom's parents or surviving par-

[2] There is probably occasional, but rare, artificial limitation of families. The principal informant said: "I like to bear children. There are some here who do not—who do not have children. I do not know how that is. But there are *curanderas* who know. They fix them [*descomponen*] with medicine. But that isn't good. God intended to punish us by having children. It is a mortal sin not to have them."

[3] No information was obtained on sex instruction or early sex experience.

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within the last ten years revealed that in fifteen cases the wife was poorer than the husband at the time of marriage, in five cases husband and wife had approximately the same economic status, and in five cases the wife was from a wealthier family than the husband. In each of the five marriages in the last group there was some extenuating factor which explained the fact that a rich girl married a poor boy. Two of the girls were known to have had affairs previous to the marriage; one girl was thirty years old and married a boy of seventeen; one girl was from a small nearby village and married "up" socially, if not economically, into Tepoztlán; and one girl married for love over the objections of her parents.

Parents, in giving their blessings to a marriage, are more concerned with practical considerations of the health of the prospective mate and the family's reputation. The boy's mother and godmother will make inquiries about the girl and will oppose her if she is found to have a reputation for being lazy or disobedient at home, having many *novios*, going out alone, or being sickly. If the women in the girl's family frequently suffer from lack of milk at the birth of a child, she will be considered a bad risk. Mothers are also wary of their son's marrying a girl who is the favorite at home. These factors are of prime importance to the boy's mother since she will be closely associated with her future daughter-in-law. If the mother strongly disapproves of the girl, she will do everything she can to break up the relationship. If the son insists on the marriage, his parents will be obligated to carry out his wishes but will do so grudgingly and will make a poor wedding.

The girl's parents seek a son-in-law who owns or who will inherit some property and who knows how to work hard. They are not so demanding about personal qualities as are his parents, since their son-in-law will, for the most part, not live with them, although they generally disapprove of a man who drinks a great deal or who is *muy enamorado*. A boy who is discovered to be their daughter's *novio* will almost always be strongly disapproved of by the girl's parents, because of their anger over being deceived and because it is taken to be evidence of the boy's lack of respect for them.

Marriage restrictions in Tepoztlán follow the usual Catholic tradition of western culture. Marriage between all but distant relatives is forbidden. First and second cousins do not marry, and marriage between third and fourth cousins is discouraged. However, relationships beyond second cousins are often not carefully kept track of so that in practice there are many marriages between relatives. There are also marriages between individuals of the same surname. An interesting aspect of marriage restrictions is that children of *compadres* cannot marry each other, for they are "spiritual brothers and sisters." Since the *compadre* terminology is also extended to the sibling of the *compadre*, this marriage restriction also includes their children, and many families are therefore ruled out from those eligible for marriage. There was not a single case of marriage between children of *compadres*.

The great majority of Tepoztecans marry within their own village. Of 585 married couples in the village in 1944 only 58 were marriages with outsiders. Of those marrying into the village, 35 were women and 23 were men, reflecting the

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tudes toward sex and sexuality. Most of the attitudes toward sex are negative and prudish and, at least superficially, in accord with Catholic tradition.

Women have a negative attitude toward bearing children. They try to keep the number of pregnancies to a minimum by long nursing and by abstaining from sexual intercourse. Pregnancy is commonly described as "being ill with child," and pregnant women are embarrassed by their condition and make every attempt to conceal it. There is an absence of sexual play between husbands and wives; many women refer to the sex act as "the abuse by the man," and the genitals are generally considered ugly or dirty. There is a widespread belief among adolescent girls that sexual intercourse is painful. Open courtship is not sanctioned, and girls are severely punished for having any relations with boys. The existence of the double standard and the greater personal freedom of boys and men tend to encourage male sexuality. Romantic love, as we conceive it, is practically unknown; romantic attachments are relatively superficial and easily made and broken. Courtship is an intriguing, exciting pastime but it is always cautious, seldom impulsive or passionate.

It cannot be said, however, that Tepoztecans are puritanical, nor are they burdened with feelings of guilt or concepts of sexuality as something sinful.[4] Rather, Tepoztecans place greater value upon sexual restraint than upon sexual activity; just as they do not encourage emotional expressiveness, so do they not encourage active sexuality. Adult sexual activity is discouraged, not so much for reasons of morality but for practical reasons of safety. Parents fear that a young son may make an undesirable attachment with a widow or a dangerous attachment with a married woman, or he may be bewitched by a jealous sweetheart; they fear even more strongly that their daughter will lose her good reputation and the chance of a respectable marriage. Women are generally reluctant to have sexual relations, because of unwanted pregnancies; men discourage sexuality in their wives for fear of being humiliated by the wife's unfaithfulness; wives fear the loss of income and the poor treatment which inevitably attend their husband's extramarital alliances.

While there is much gossip, there is no ostracism or public denouncement or persecution of those who are guilty of sexual indiscretion. The couple living in free union is unmolested, the promiscuous widow maintains her usual relations with neighbors and kin, the illegitimate child is given a similar if not entirely equal position in his mother's household and may receive aid and inheritance

[4] The relative absence of guilt feelings can also be seen in the reactions to stealing and drinking. Drinking is not considered bad in itself, but may be criticized because it takes a man away from his work and takes money which may be sorely needed for other purposes. Stealing is quite frequent and may be severely punished, but it is detection rather than the act itself which is disturbing. In case histories, informants frequently refer to little stealing episodes without any manifestation of remorse or guilt, but emphasize how ashamed they were when discovered. Men do not appear to have guilt in promiscuous sexual relations with women or in deceiving young girls. Rather, they are proud of these feats and consider any conquest to their credit. There is also practically no sense of moral responsibility toward children born out of wedlock.

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is "clean," that is, when bleeding stops. This sometimes occurs in the first week but more often in the second. After delivery it is obligatory to give the midwife something to eat as an expression of appreciation, but it is up to the family to decide what is given. Generally the midwife is offered chocolate or coffee and bread. Sometimes wine and cigarettes are also given. During and after the delivery, the midwife is not restricted in any way as to the food she may eat.[18]

The mother's milk generally flows after one or two days, sometimes even before the birth. If the milk does not appear by the second day, some midwives give the mother an *atole* of sesame seed, chick peas, chocolate, and cinnamon. Others give *necuatole* or *atole de alegría* made of ground corn, *chile pasilla*, *epazote*, and brown sugar. Another remedy is the penis of an ox, cut up and cooked. Sometimes the *flor de pascua* is boiled and taken by the mother. A few midwives place the baby at the mother's breast to stimulate the flow of milk. Many babies are nursed at another woman's breast until the mother's milk comes. During the day the wet nurse, usually a relative or a friend, comes to the child's house every three or four hours to nurse him. At night the child is taken to the wet nurse once or twice by the father or grandmother. There is no charge for the services of the wet nurse, but often the child's family sends her some meat to nourish her during this time. Some families are afraid to take a young infant out because of *los aires*, and it is fed cinnamon and water until the mother's milk begins to flow.

It is a common belief that the first milk is harmful to the infant and should be discarded. It is squeezed out and either thrown to the ground (this is called *motlaltoka*, burying the first milk), or it is thrown over the roof (*monokia*) to prevent the mother's milk from going away. It is also thought that squeezing out the first milk hastens the flow of the true milk. If the mother has no milk, it is considered a calamity because the cost of a regular wet nurse is prohibitive, and many children die when put on a diet of cow's milk. Canned milk is now used safely but the expense is a heavy burden for most families.

The amount of attention and care given to the new mother in Tepoztlán is striking. At no other time are women accorded so much service and time for rest. This care consists of a prolonged period in bed, freedom from household duties, taking sweatbaths, and abstention from sexual intercourse.

The prime motive underlying this postnatal care is to delay a new pregnancy as long as possible. It is believed that early resumption of sexual intercourse causes the back to weaken and the menstrual flow to begin, thus making conception more probable. Women say that extended rest from work and sexual intercourse can

[18] We could find nothing to support Redfield's statements that "The midwife is magician-priest rather than obstetrician; she eats the same food as her patient as long as their relation of intimacy is maintained during postnatal care . . . during the first week, the new mother and the midwife, who must eat the same food as her patient, observe food restrictions." *Ibid.*, pp. 134, 136. Our questions concerning this called forth the same response from informants in Mitla: that is, they laughed at the thought and denied that it occurred. It should be noted that Redfield's account of the above, as well as other aspects of pregnancy and birth, is based on the report of a single informant and probably represents an individual variation.

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842 prevent the reappearance of menstruation for as long as two years. According to
846 them, the ideal length of time to abstain is one year. Some women boast that they abstain for two years, and grandmothers say that in the old days women were not "molested" by their husbands for as much as three years, and that children were often born four and five years apart.

833 Today women complain that their husbands do not wait long enough and force
846 their wives to resume intercourse after six months, some even sooner. Generally it is the husband who is blamed for the early resumption of intercourse, but it is recognized that some women are *calientes* and lack self-control. Such women are
[853] considered selfish because they are often *añeras*, women who have babies every
[627] year, and endanger the life of the child, who must be weaned too soon. *Añeras* are subject to much gossip, but they are relatively rare. Most women are glad to avoid sexual intercourse, which is frequently referred to as *abuso de hombre*, male abuse.

The following expresses the attitudes of many women, "My grandmother told me to guard myself from men for they are the danger. I don't protect myself from work. The thing I am afraid of is the man. My husband respects me and doesn't insist even when he is drunk. That is why I am never pregnant when I am raising little ones." The majority of husbands refuse to abstain as long as the wives wish them to, and many men use the threat of taking a sweetheart to get their wives to comply. The wife who is not jealous is fortunate, because then her husband can leave her alone for a long time. Those wives who are jealous "give in" to their husbands to keep them from going to other women and may resume intercourse in as little as two or three months. It is one of the obligations of the mother-in-law to warn her son not to "molest" his wife and to urge the daughter-in-law not to be jealous. However, it takes money to have a sweetheart or to go to prostitutes. More often the poor couple will resume intercourse sooner than others.

846 The extended rest of the new mother also allegedly prevents backaches, illness,
[853] and ugly skin discolorations (*paño*) on the mother's face and protects the baby's supply of milk. Thus, the good husband and father owes it to his wife and child not
[357] only to abstain from sexual relations, but also to hire a servant for two or three months. Many husbands are unable to do either. If a woman's skin remains clear of *paño* and wrinkles, it is said that "her husband has been good to her" and that "she knew how to take care of herself." When the couple lives with the husband's parents
[606] it is one of the more important obligations of the husband's mother to see that her daughter-in-law receives the proper postnatal care. Normally, a woman, who is married under both civil and religious law and who has had the blessings of both sets of parents, can expect to receive the required care. Because of the expense in-
[735] volved, a poor woman is not always certain of getting the maximum amount of rest and attention, but women of more means are always assured of it. Even among very poor families, if other conditions are favorable, women are well cared for after
[848] giving birth. This is not true for unmarried mothers, abandoned mothers, poor
[588] women without close relatives, women living in free unions or married only under civil law, mothers of very large families, and other special cases.

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Infants are traditionally swaddled in a sheet or cotton blanket with the arms bound tightly at their sides during nursing and sleeping. It is said that this is done to prevent the sleeping child from waking himself with a sudden movement of the hands which might cause *espanto*. Swaddling also serves to prevent the child from touching his genitals and from touching the mother's breast during nursing, "for the breast is not a toy." Swaddling, however, is viewed primarily as an important part of child training.

There is a widespread belief, particularly among the older women, that swaddling and binding the arms of the child will prevent him from "turning out bad" when he is older. Binding is an effort to make children more passive and quiet. Many families in the smaller barrios tie the sleeping child's wrists and ankles to keep him from moving under the swaddling blanket. This is done up to the time he walks, in order to train him to sleep quietly, for there is a belief that a quiet sleep is a good sleep. As girls get older, they are trained to sleep quietly and modestly, with their legs together.

It is believed that children who are bound will not touch things, will not be active or demanding, and will be less trouble to the mother. When an older child is mischievous or overactive, it is said that his mother did not bind his arms long enough. Also, when an older boy attempts to embrace a girl she might say, "What, didn't they bind you when you were a child?" Older women say it is more effective to keep a child bound for one year, but most women today do it until the child no longer permits it, or from six to nine months, depending upon how active the child is. More acculturated mothers often bind their children for only three months "out of pity," much to the annoyance of their mothers-in-law. One grandmother complained that she must always be watching her two-year-old grandson because he touches everything and wants to keep moving about. She blamed this on the fact that his mother swaddled him for only three months. A few women do not swaddle their infants at all. Old women frequently comment that infants and children are much more active today than they were a generation ago.

During the day, babies sleep in a shallow wooden cradle which hangs from the ceiling by a rope. The sleeping baby's face is covered with a *rebozo* or cloth to protect him from *los aires* and to keep out light and flies. The swaddled child is safer in the cradle, since swaddling prevents movements which might cause him to fall over the low sides. As the child gets older and more active he must be tied in or watched constantly because of the danger of falling out. Most cradles can be raised, to safeguard the child from animals wandering into the house, or lowered to prevent a high fall. Babies may be rocked to sleep in the cradle, but most of the time they fall asleep in the mother's arms while nursing and are then placed in the cradle.

Babies sleep with their mothers at night, on a *petate* on the floor or on a *tepezco*. If the mother is accustomed to sleeping in a bed, the child will be heavily wrapped at night to prevent wetting the mattress. Cases of mothers smothering babies during sleep are not rare, and usually the mother is blamed for carelessness. An un

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usual case occurred in which a mother smothered her first two infants. She was severely beaten by her husband and scolded by her mother-in-law and all her relatives. When she gave birth to a third child everyone warned her to sleep lightly and quietly so as not to hurt the child, and her husband said that if the same thing happened he would accuse her of murder. Now a few better-to-do and more acculturated families have their infants sleep in cribs for the first three months, as a precautionary measure.

Nursing is not considered a pleasurable activity by most Tepoztecan women. Not one of the many mothers we interviewed enjoyed nursing, and some expressed strong dislike for it. Some complained that it was painful, that nursing made them thin or ill, and that they could not go anywhere without the child. Nursing is looked upon as of the utmost importance to the child and to the mother, since it is believed by many that nursing delays conception. When nursing in the daytime the mother is usually seated, holding the child in her arms. During the first six months, mothers frequently lie down to nurse. Despite the expressed belief that it is improper for the baby to touch the mother's breasts, it is quite common to see babies doing so when they are no longer swaddled, with the mothers making no attempt to prevent this. Also, expressed attitudes to the contrary, mothers appear to enjoy caressing and playing with infants while they nurse. Nursing is best for mother and child during the first three months when the mother is well rested and has little work to do. As the infant gets older and is given over to a child nurse, so that the mother can resume her duties, she becomes more passive and distracted during nursing and may pay little attention to the baby. However, the baby is given the breast whenever he cries and is permitted to nurse as long as he wishes. The breast is used as a pacifier, and almost all nursing children are put to sleep this way. Until the child is weaned he is almost never denied the breast.

Solid foods are introduced to the child at varying ages. Some mothers do not give their children any solid food other than bread or tortillas until the end of the first year, or until the first two teeth have appeared. Most mothers give babies tastes of foods when they begin to grab for things, generally at about the age of six months. The most common foods given to nursing children are bread, tortilla, bean soup, rice, noodle soup, fruit, and coffee. A few better-to-do families of more education give small children eggs, *atole* cooked with milk, and soup cooked with meat.

Infants are not permitted to cry, and every effort is made to quiet them. There is an attitude that a crying child is hungry, neglected, or ill, and many husbands scold their wives and get angry when much crying occurs. Women are usually more careful to stop a child's crying when their husbands are at home. Infants are sometimes spanked or frightened to make them stop crying.

Children who cry a great deal are often described as greedy. It is said that they will be poor when they grow up because they are crying for bread. If a crying baby is not consoled by the breast, the leaf of the *kokochiaton*, or *dormidera*,[3] which

[3] *Mimosa pudica.*

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paper with some regularity and none of them were peasants. Magazine reading has increased, however. In 1956, about fifty villagers had magazine subscriptions. About half of these were for *Selecciones*, the Spanish version of the *Readers Digest;* others were for such publications as *Life, La Granja, La Tierra, La Sevilla.* Over a third of the subscriptions were held by teachers and most of the others by persons in nonagricultural occupations. The majority of the subscribers were under fifty, and reading was predominantly done by the men. Except for school teachers and some officials, few people owned books, but many children read comics.

Related to the developments noted above are changes in every stage of the life cycle, particularly the rearing of children. Again, most of the changes are found in the middle economic group, and the following discussion of the direction of change applies mainly to this group. Changes are occurring among the tradition-oriented members of the lower groups also, but at a much slower rate.

Women still prefer to give birth on a *petate* with the help of a midwife, but a doctor is often called in for difficult cases. Many young women are rejecting some of the "Indian" customs and cures of the midwives—the food taboos, for example, the use of smoke to help labor, and the wearing of the *huipil.* Magical practices like burying the first milk or throwing it over the roof are being discarded. Because more babies are being bottle-fed, the druggist now keeps a supply of baby bottles and nipples, as well as of formula mixtures. Young women feel less need to follow such customs as sweatbaths or the forty-day postpartum seclusion before the *sacamiel.*

A definite trend toward greater child-orientedness on the part of both parents is evident. Parents tend to be more permissive and more demonstratively affectionate with their young children. More fathers can be seen on the street carrying small children and a few help a little with the children at home. The swaddling of infants has been completely abandoned as "cruel" by some mothers. Parents indulge their children more, especially the first-born, and openly show their pride in their infants by buying them toys, shoes, and attractive clothing. This is in sharp contrast with the older attitude of guarding children from the attention of others through fear of the "evil eye." Younger and more educated parents punish more lightly, permit more play, and send their children to school for as long as possible. The period of adolescence is becoming longer and more clearcut, and the time when youths are expected to contribute to the support of the family is often delayed by years of study.

Arranged marriages have completely disappeared and more couples are marrying for love. Church weddings have become more elaborate and expensive and are patterned after those of the urban middle class. Newlyweds try to set up independent households immediately after marriage or as soon as it is economically feasible to avoid the problems of living with mothers-in-law. Some young wives work as school teachers or shopkeepers, but this is still unusual. More couples are resorting to legal divorce rather than mere separation or abandonment.

A noticeable change has occurred also among the educated middle group